

APA



Works

Adapted Physical Activity

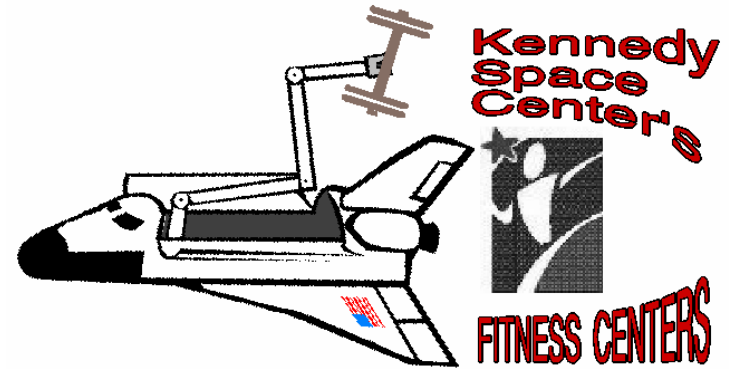
Kennedy Space Center



RehabWorks

Program

APA WORKS



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NASA KSC Fitness Center Supervisor
Adapted Physical Activity Works Program

What is APA?

- For all practical purposes, Adapted Physical Activity **IS** developmentally appropriate physical education at its finest.



Examples of APA

- Equipment modification
- Altering distances
- Modifying grasps
- Varying tempo and time/pace
- Seated activities
- Simplified patterns



Sport Examples

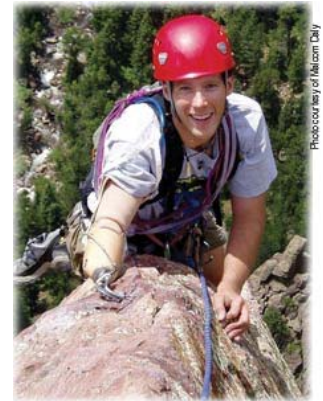


○ Team

- Basketball
- Soccer
- Softball
- Volleyball
- Tennis

○ Individual

- SCUBA
- Surfing
- Skiing
- Swimming
- Bowling
- Golf
- Track / Field





Purpose of APA Works

- Increase the availability of resources
- Reduce participation barriers



Goal of APA Works

- Our goal is to enhance productivity, effectiveness and longevity in the KSC workforce.



History

- Program idea inception
 - Chief Medical Officer
 - Winter 2002



History con't

- DAAWG - KSC Disability Program Staff Meetings
- Focus group on 3/13/03
- Debra Orringer, lead
- Consultant retained



Focus Group Results

- Personal Sessions
- Assistance
- HQ preferred
- Session Time
- 2 - 3 times / week
- wheelchair persons fear overuse injuries
- Requested use of a LMT



Our Approach

- Pilot program
- Establish metrics
- Medical clearance
- Liability issues
- Emergency procedures
- Staffing needs
- Funding and budget
- obtain location



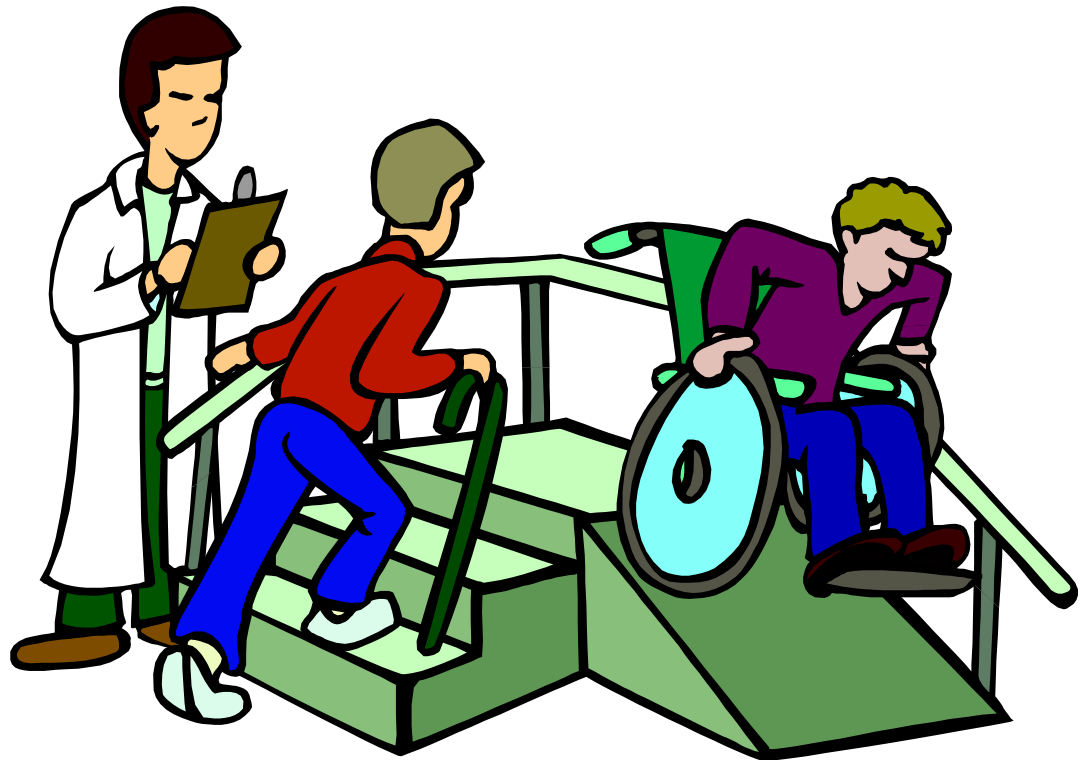
Current Status

- Space requirement
- Temporary Location
- Equipment
- Advertising and recruitment
- Internship program developed



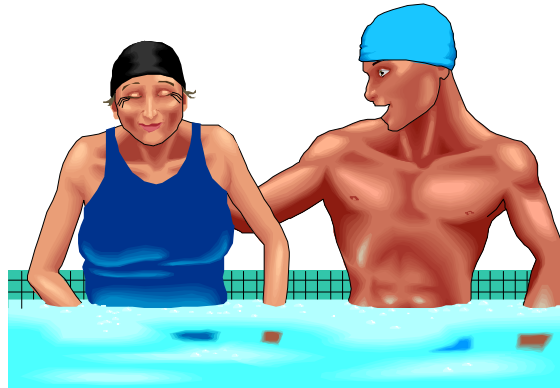
Next Steps

- Increase utilization
- Model Program



Current Users

- This program is growing every day as new clients begin utilizing the program.



Russ Dyer

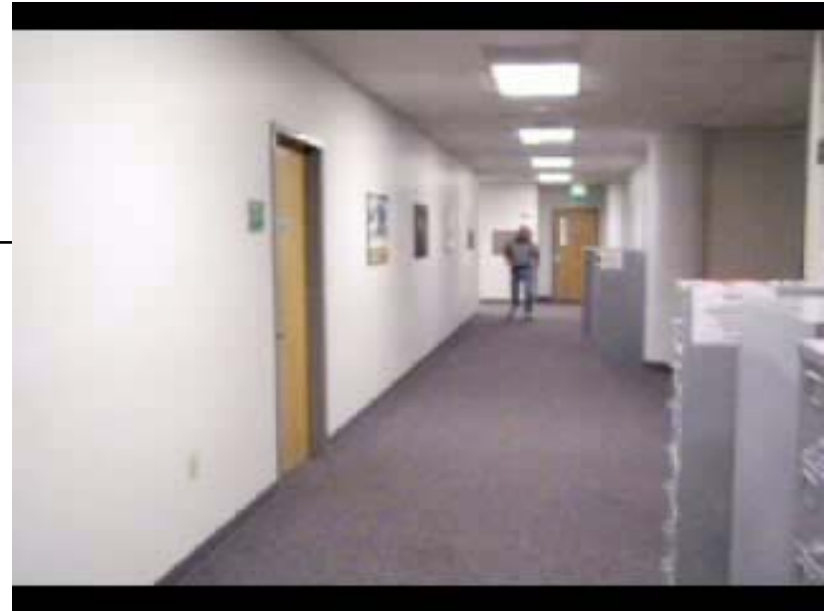
- Disability – Auto Accident
- After APA
 - “I look forward to beginning my exercises and feel great.
 - The results speak for themselves, I am starting to run, which was my goal.
 - I feel that my life is getting back to the way it was before the crash and a lot of the reason is the help I have had from the APA program and from you, Deb and Tony.
 - **The exercise program is only as good as the people administering it.”**



After the accident



Russ Dyer



Paul Mogan



- Disability – Juvenile Macular Degeneration
- Prior to APA
 - “The **Fitness Centers** allowed me to exercise regularly and to do strength training. My eyesight makes it difficult to keep record charts and some machines are hard for me to set up. Before I began I had poor muscle tone in arms, chest and back. I was down about my looks.”

David Otero

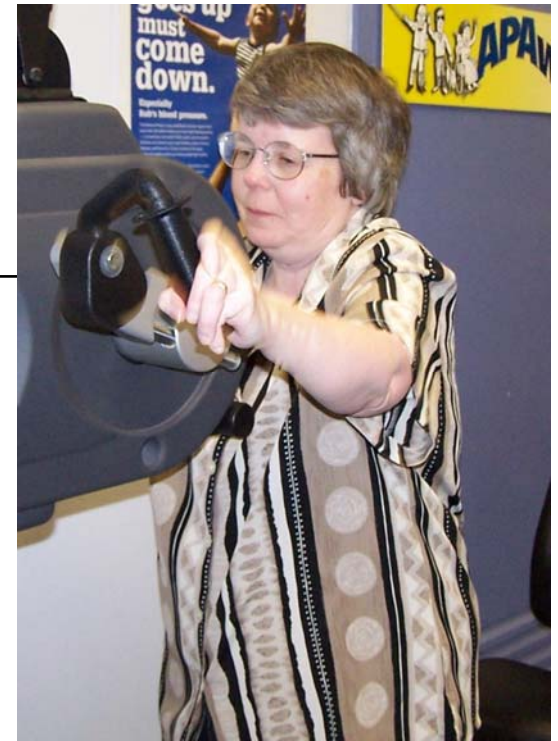
- Disability
 - Polio, 1951.
- Prior to APA
 - "Great weakness after surgery with reduced range of motion. Looked forward to exercise after rehab to regain strength and range of motion."



Donna Atkins

○ Disability

- “Most of my physical problems are related to my birth defect, **arthrogryposis**.
- I had 34 operations on my hands between 1959 and 1982.
- I’ve also had **fibromyalgia** since 1980.”





- About APA and Staff
 - Without the APA program I would probably not be doing any exercise.
 - I am very self conscious about how weak I am, but Debra is very supportive, and an excellent coach.

Raymond Sullivan

○ Disability

- "In 1982, just after I got out of the Marine Corps I had a serious motorcycle accident that left me a paraplegic. After nine months in the hospital, I got out and went to school and received a B.S. in Computer Engineering. I now subcontract for United Space Alliance and work as a computer programmer at the Kennedy Space Center. I am now 46 years old."



Raymond Sullivan



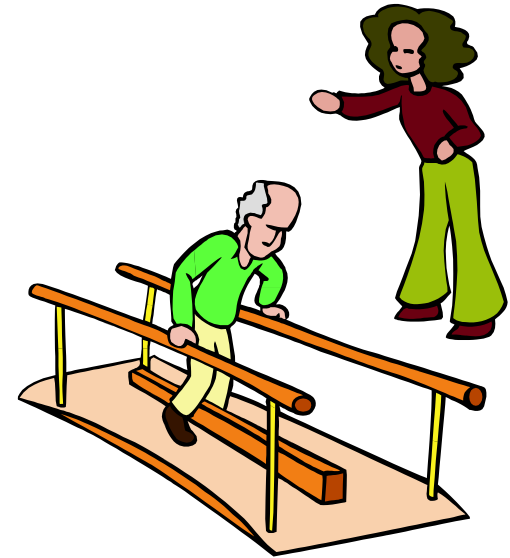
Misc feedback

- Client with Degenerative Disc Disease
- Feedback regarding staff



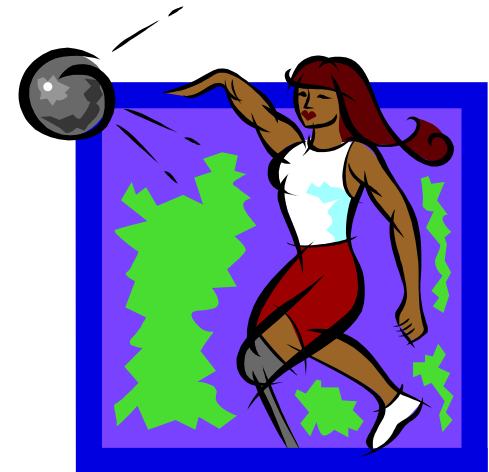
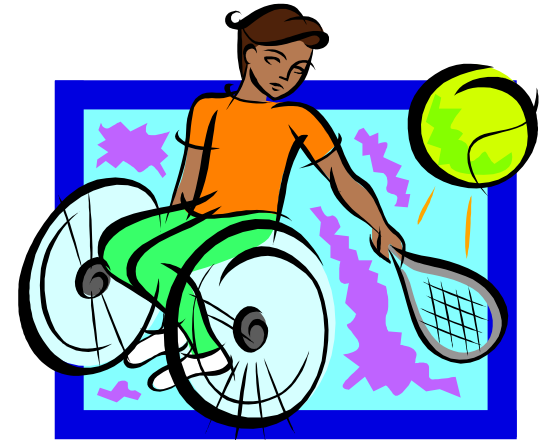
Potential Users of APAAWorks

- Spinal Cord Injuries
- Muscular Dystrophy
- Cerebral palsy
- Amputations
- Elderly
- Spinal Curvatures and Conditions



Potential Users of APAWorks

- Arthritis
- Diabetes
- Cystic Fibrosis
- Asthma
- Sensory Disorders
- Obesity



APA Success

- Sports and recreation **offer** the opportunity to achieve success in a very short time period; to use this success to build self-confidence and focus on possibilities instead of dwelling on what can no longer be done.

